

Simply Egg Salad

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup celery diced
- 1 teaspoon dijon mustard
- 4 eggs
- 1 green onion chopped
- 0.3 teaspoon ground pepper black
- 2 tablespoons mayonnaise light
- 2 tablespoons nonfat yogurt plain
- 0.3 teaspoon salt

Equipment

- bowl
- sauce pan
- potato masher

Directions

- Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes.
- Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.
- Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.
- Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth.
- Add celery and green onion (if using) and stir to combine.
- Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Nutrition Facts

 PROTEIN **29.09%**  FAT **60.38%**  CARBS **10.53%**

Properties

Glycemic Index:21.33, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.7243478168612%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 58.73kcal (2.94%), Fat: 3.88g (5.97%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.9g (1%), Cholesterol: 110mg (36.67%), Sodium: 195.15mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.41%), Selenium: 9.68µg (13.83%), Vitamin B2: 0.15mg (9.08%), Vitamin K: 8.13µg (7.74%), Phosphorus: 72.03mg (7.2%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.3µg (5.03%), Folate: 17.64µg (4.41%), Vitamin A: 202.02IU (4.04%), Vitamin D: 0.59µg (3.91%), Calcium: 34.05mg (3.41%), Iron:

0.59mg (3.26%), Zinc: 0.47mg (3.11%), Vitamin B6: 0.06mg (2.93%), Vitamin E: 0.44mg (2.91%), Potassium: 77.77mg (2.22%), Magnesium: 6.29mg (1.57%), Manganese: 0.03mg (1.54%), Copper: 0.03mg (1.4%), Vitamin B1: 0.02mg (1.26%)